

Montana State University Extension Service Flathead County Newsletter

June 2012



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FLASH BACK

4 - H C A M P

Darrell Fenner Loon Lake 4-H Camp July 23-26

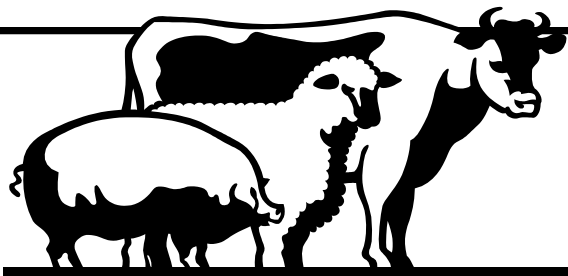
Registration must be turned into the
Flathead County Extension Office by
Monday, July 9th, 2012.
Ages 9-13yrs.
Fees: \$80.00 for 4-H Members,
\$95.00 for Non-Members
Download application at: flathead.mt.gov/extension/downloads.php
Or Call the Extension office at 758-5553 for more information.



CONGRATULATIONS!!!! Flathead County 4-H GRADUATES

NAME	Yrs in 4H
Levi Anderson	12
Sawyer Braaten	10
Arron Burns	12
Christopher Cronk	10
Evan Eickert	6
Conner Hagel	12
Karl Hellwig	5

NAME	Yrs in 4H
Joanna Kauffman	7
Quinn Kittelson	7
Chandler Marvin	9
Sarah Thompson	6
Alana Townsend	13
Andoro Tutvedt	11
Britta Walner	5
Trinity Williams	5



Triple Livestock Showmanship Seminar

Showmanship is a big part of what happens at the fair. If you'd like to know more about showmanship skills, plan to attend the Triple Livestock Showmanship Seminar at the Fairgrounds on **Monday, June 4th at 6:30 pm.**

There will be three separate seminars, one for hog members, one for beef, and one for sheep. Basic showmanship and grooming your animal for show will be covered in each presentation. The seminars will be held in the older barns on the west side of the Fairgrounds. Lamb members are encouraged to bring their lambs to the clinic if they would like, but it's not mandatory.

SPRUCE BUDWORM IN THE FLATHEAD



Description and Life Cycle

Spruce budworms are back! Last year, the Flathead Valley was hard hit by these caterpillars. These insect pests primarily attack Douglas firs. In May, they enter developing buds, the habit that gives them their name. As the new needles lengthen, the rapidly growing larvae continue to feed. It is during this stage that most of the damage occurs. They web the new foliage together loosely and feed inside, where they are somewhat protected from predators and other enemies.

In the late larval stages (Figure 3), budworms have brownish heads and brownish-olive bodies. Each body segment has two conspicuous pairs of white spots. About 40 days after feeding begins in the spring, usually about the end of June, the larvae pupate inside feeding webs or on foliage. Adults emerge a week or so later and the cycle is complete. There is one generation per year.

Control

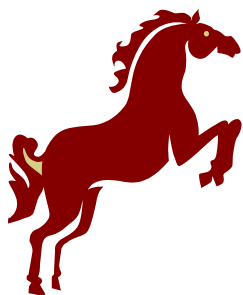
Budworm populations usually are held in check by a combination of predators, parasites, adverse climatic conditions, or inadequate food supply. Spiders, insects and a variety of birds are important predators. Adverse weather conditions, particularly sudden freezes in late spring, may kill large numbers of larvae. A major factor in ending long-term outbreaks appears to be starvation from inadequate or nutritionally poor food sources. However, this may not be a factor in urban situations. Cultural practices such as thinning, watering and fertilizing, which promote tree vigor, may help trees better withstand repeated attacks.

Chemical control often is used to protect high-value trees from defoliation and associated damage. The materials listed below are registered for western spruce budworm control and have been used with success in Colorado. They can be applied both from the ground and aerially. In either case, time spraying to occur during the two to three weeks immediately following bud break or flush of new growth. In most years, this occurs about mid-June.

Table 1: insecticides for control of western spruce budworm.	
insecticide	Trade name
Bt (<i>Bacillus thuringiensis</i>)	Dipel, Thuricide, Biobit, Foray (aircraft spraying)
carbaryl	Sevin

ANOTHER 4-H SUCCESS!!!

Flathead County 4-H Horse Camp



Was held on May 11th & 12th, 2012 at the Flathead County Fairgrounds. There were 53 youth and around 30+ adults in attendance. Of those who completed the survey, 100% of the kids "agreed" or "strongly agreed" that their skills improved, they'd come again next year, AND they'd recommend the camp to others. The adults were just as positive with 100% reporting that they too "agreed" or "strongly agreed" that the kids' skills had improved, they would come again next year AND

they would recommend the camp to others.

CONGRATUATIONS and MANY, MANY THANKS

to those volunteer leaders who worked so hard putting the camp together. Without our 4-H Volunteers, our kids who love horses (and their families) would have missed out on such a great opportunity!!





Please contact the Extension Office asap if you are interested in attending **State 4-H Congress in Bozeman – July 10-13, 2012.**

What is State 4-H Congress?

A safe and fun state activity for senior 4-H members (ages 14-19) to participate in contests, workshops, entertainment, social events, and much more.

When is State 4-H Congress?

July 10-13, 2012, on the Montana State University - Bozeman campus.

What does State 4-H Congress cost?

The registration cost is **\$215 per participants** and includes program fees, housing & meals during event (you'll want to bring extra spending money for meals during travel times).

Deadline for Registration for 4-H State Congress is Wednesday, June 13, 2012.

Please call the Extension office if you have any questions: 758-5553



Customer Appreciation Day – June 30th



CHS is having a customer appreciation day **From 10-2pm on June 30th**, CHS will be providing music, food & fun for **EVERYONE**. There will be a country band (Ashley Creek Ramblers), the CHS Legend

Series Racecars from Montana Raceway Park, and food at really low prices. Plan to come out and join them in the alleyway between the CHS Country Store/Gas & Snack and the new AutoZone on Idaho Ave.

Flathead County DISCOUNTS for 4H Members

- **Western Outdoor**– Provides a 15% discount to members for show clothing.
- **Murdoch's**– Provides a 10% discount on limited project items. Members must present a discount card to participate. If you need a 2012 discount card you can go to the store and provide them with either your current 4-H newsletter or your 2011 discount card. Murdoch's also has a feed program for 4-H and FFA members. Please contact the store directly for details.
- **CHS**– If you're purchasing feed through CHS for your market animal, you may want to stop by CHS for details regarding their "Champion of Champions" program. They have incentives available to those who participate.
- **"Frame It" Studio and Gallery**– located at 50 2nd Street East in Kalispell is offering all 4-H Members a 50% discount on matting and shrink wrapping photos and art for the NWMT Fair.



The Little Chief Award, sponsored by Western Outdoor

The purpose of this award is to recognize an outstanding senior 4-H member who demonstrates Citizenship and Community Service. Winners must show evidence that they have acquired positive life skills through their activity records and stories.

The winner receives a specially designed belt buckle. Applications are available in the Extension Office and online at: flathead.mt.gov/extension/downloads.php
Applications are due in the Extension Office by Tuesday, July 31st, 2012.



3rd Annual Milk and Cookies Event

Kalispell Creamery and Hedstrom Dairy is hosting their 3rd Annual Milk and Cookies Open House on Saturday, June 16th from 11:00 am-3:00 pm. The open house is located at 400 Lost Creek Drive, Kalispell Montana. Bring your family for a day of cow exploration!



Upcoming 4-H Meetings and Special Events

Forums, Committees & Councils

- **Teen Council: ALL TEENS ARE WELCOME:** 6:30pm at the AGAPE House on Friday, June 15th.
- **4-H Camp Counselor Planning Meetings:** The remaining camp counselor meetings will be held at the 4-H Building on the Fairgrounds at 5:30-7:30pm. Monday, June 11th, Monday, June 18th and Friday, July 20th.
- **4-H Horse Committee:** Monday, June 4th at the EBB 2nd Floor Conference Room at 5:45 p.m.
- **Large Livestock Committee:** Thursday, June 7th at 5:30pm at the 4-H Building on the Fairgrounds. Please contact committee chair, Marian McAllister to add an item to the agenda, 837-0119.
- **Spring Flathead 4-H Foundation Forum Meeting:** Thursday, June 7th at 6:30 pm at the 4-H Building on the Fairgrounds. Please contact Foundation President, Wendy Morris to add an item to the agenda, 862-0801.
- **4-H End of Year Award Dinner Planning Meeting:** Thursday, June 14th, at 5:30 pm at the EBB 2nd floor conference room. Everyone interested in planning is encouraged to attend.



Due Dates

- * **June 13th:** State 4-H Congress Applications due to the Extension Office
- * **June 27th:** Cut off for lamb replacement.
- * **July 9th:** Camp Registrations are due.
- * **July 31st:** Little Chief Applications are due.
- * **August 1st:** Drug Withdrawal/Commitment To Excellence Forms due in Office for Market Project Members.
- * **August 1st:** All Fair Entries due to Fair Office, 4:30pm.



Upcoming Activities & Other Meetings

- ◇ **Hunting Shooting Sports:** 1st & 3rd Thursday of the month at Fish, Wildlife & Parks office. Please contact Jon Obst for more info: 257-0395.
- ◇ **Livestock Showmanship Clinic For Hog, Beef and Sheep:** Monday, June 4th at the Flathead County Fairgrounds @ 6:30 pm.
- ◇ **Kalispell Creamery/Hedstrom Dairy 3rd Annual Milk and Cookies Open House Event:** Saturday, June 16th from 11:00am-3:00 pm.
- ◇ **CHS Customer Appreciation Days:** June 30th at CHS located on Idaho next to Walgreens in Kalispell, 10:00 am-2:00 pm.
- ◇ **Hoof Trimming for Beef Projects:** Sunday, July 1st at the Fairgrounds at 6:00 pm. Cost is \$15 per head.
- ◇ **State 4-H Congress:** Bozeman, MT July 10-13th.
- ◇ **Flathead County Camp:** July 23rd-26th at the Darrell Fenner 4-H Camp at Loon Lake in Ferndale, MT.
- ◇ **Record Check Off for Market Livestock Project Members:** In the Extension Office between July 16-August 1st, 2012.

Special Edition Flathead County 4-H Heritage Families



Four Generation 4-H Flathead Family

Sue Witty Schmidt, shown with her Great Grandfather, Rue Carr, Grandmother Maurine Carr Johnson, Mother, Deanie Leighty Witty and brother, Michael Witty

A Family Who's Roots Trace Back to Flathead 4-H's Birth

In 1917 Reu Carr started the first 4-H club in Flathead County. It was called The Creston Go Getters. According to a Daily Interlake article, he was considered the father of 4-H in the Flathead. Reu was my great grandfather and he had six daughters. The oldest, Maurine Carr (Johnson), was my grandmother. She was a 4-H leader in the Grandview Supreme 4-H Club for 35 years. My mom, Deanie Leighty (Witty), was her daughter. Mom was a 4-H leader for over 20 years, both in Flathead and Lincoln Counties. Now I, Susan Witty (Schmidt) have been a 4-H leader in Flathead County for 19 years. Both of my sons, John and Eric, were members of the Grandview Supreme club for 10 years.

Grandpa Carr homesteaded in Creston in the Flathead Valley where he started a dairy. He thought that the kids of the day needed to get together and learn new skills as well as have fun. Of course, during that era that meant learning to cook, sew, and take care of animals. 4-H was the natural choice for an organization to teach young people these skills. I loved hearing stories from my grandma about driving the cows to the fair and showing off the clothes they had made. Grandma Johnson became a cook for the Montana Veterans Home in Columbia Falls during the depression. I know it was because she learned to bake the best parker house rolls and pies in 4-H.

When my mom started 4-H, animals, cooking and sewing were still the major projects, but there was probably a little vegetable gardening thrown in there for good measure. My mom's favorite project was her dairy cows. My parents met at a 4-H meeting when mom was 12. That meeting started a great 4-H rivalry between Dale Witty and Deanie Leighty: who could raise the best dairy cows and were the best Jerseys or Guernseys? They both traveled with 4-H to Denver, Chicago and Washington DC because of their 4-H projects, something most kids of that day weren't able to do. My parents were married for over 50 years. I like to think 4-H had something to do with that.



Maurine Carr Johnson's sewing group in 1929



Sue Witty Schmidt and Mike Witty with their beef project in 1969.

Of course, when I turned eight, my mom thought I should be in 4-H; if for no other reason than to learn to cook. Sorry to say, it's still a joke around my house about my cooking! My favorite project was sewing. It was so great to be able to make my own clothes or repair them. I'll never forget Birdie Langton, my sewing leader. She was a great role model as well as a teacher. I also had many other projects through the years; beef, self-

Special Edition Flathead County 4-H Heritage Families



Sue and her son Eric singing at Flathead 4-H Camp in 2010. Both she and Eric volunteered at Camp that year.

determined, welding, hogs, and gardening. Of course, the fair was always my favorite time of year. It was even more special for me because my grandfather, Ted Witty, was the dairy barn superintendent. A job he held for 20 years. I could always count on him for an extra dollar to spend on a corn dog!

Even though I married a city boy, it was important to me that my boys belong to 4-H. In 1990 when John joined there were so many new projects. John and Eric both raised hogs on our little suburban ranch (4 acres). They also did photography, rocketry, sewing, cooking, junior leadership, and woodworking. 4-H wasn't very popular in the school they went to, but I encouraged them to stay members through high school. I think that they would acknowledge now that being in 4-H made them more self-confident and gave them an alternative group of peers that always made them feel welcome.

4-H has given me so much. I want to give back, so I am still a leader even though my boys are grown. I am camp co-director for Flathead County 4-H Camp, a Loon Lake 4-H Camp Board Member, a former Foundation Officer, and former assistant hog barn superintendent at the fair, and a person my Extension Agent can always depend on to help out if she needs me. I just recently signed up for Facebook and became a friend of 4-H. I wonder what Grandpa Carr would think about the internet! I don't have any grandchildren yet, but my hope is that they will carry on the Carr legacy of 4-H in the Flathead.



Sue working in the Hog Barn at the 2010 NWMT Fair.



Sue, pictured front right, with the other chaperones from the Kansas Montana Interstate Exchange Program.



Thank you to Sue Schmidt for submitting this article regarding her family's 4-H heritage. If your family has three or more generations that have been involved in 4-H, nationally, within Montana, or within Flathead County, please contact us. We'd love to hear your story. For more information on the Montana 4-H Centennial or about Flathead County's 4-H program please call us at 758-5553 or email us at extension@flathead.mt.gov



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State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month



Cranberry Oatmeal Snack Bars

Yield: 24 servings • Serving: 1 bar

- 1 cup dried cranberries or raisins
- ¼ cup orange, pineapple, apple or cranberry juice
- 1½ cups all-purpose flour
- 1½ cups quick cooking oats
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup packed brown sugar
- ¾ cup margarine or butter, softened (about 10½ Tablespoons)
- 2 eggs
- ¼ cup chopped pecans or walnuts (optional)

1. Wash hands.
2. Preheat oven to 350°F. Lightly coat a 13x9x2-inch baking pan with cooking spray; set aside.
3. Combine the cranberries and juice in a microwavable bowl. Microwave on high 30 seconds. Let stand 10 minutes.
4. Combine the flour, oats, baking powder, and salt; set aside.
5. Beat the brown sugar and margarine or butter together with electric mixer on medium speed until light and fluffy. Add eggs, one at a time, beating until well blended. Beating the eggs adds lightness and volume to the bars.
6. Gradually stir in flour mixture, mixing well.
7. Stir in cranberry mixture and nuts, if desired. Spread the dough evenly in prepared pan.
8. Bake for 20 to 22 minutes or until the center is set. Cool completely on wire rack before cutting.

PER SERVING: CALORIES 140 • FAT 6 G • PROTEIN 2 G • CARBOHYDRATE 20 G • FIBER 1 G • GOOD SOURCE OF VITAMIN A, CALCIUM AND IRON

Recipe courtesy of Iowa State University Extension 2009 Calendar

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

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